

EMOTIONAL WELL-BEING

IN UNCERTAIN TIMES

Trinity Valley Community College

DEAR TVCC STUDENTS,
EMOTIONAL WELL-BEING IS HAVING A HEALTHY
BODY AND A HEALTHY EMOTIONAL STATE OF MIND.
A HEALTHY LIFESTYLE CAN ENHANCE MENTAL
HEALTH, BRING A SENSE OF WELL-BEING AND HELP
KEEP YOUR BODY STRONG. BY ADOPTING RELATIVELY
SIMPLE HABITS-SLEEPING WELL, STAYING ACTIVE,
EATING HEALTHY FOODS, AND TAKING STEPS TO MANAGE
STRESS-YOU CAN HELP YOURSELF FEEL BETTER AND
IMPROVE YOUR STATE OF MIND. AT TVCC, WE WANT TO BE
HERE TO SUPPORT YOU DURING THIS ANXIETY-
PRODUCING TIME.

CONNECT VIRTUALLY

- Look to Instagram to connect with people. – *Audrey, senior, Middlebury College*
- FaceTime or video call your friends; this can make you feel less isolated. – *Melanie, junior, Robert Morris University*
- Reach out to friends you haven't spoken to in awhile (especially if they are in shelter-in-place, other countries, etc.). – *Brandon, sophomore, Cooper Union*

CREATE STRUCTURE

- Make a schedule for the week. – *Saniya, junior, Drexel University*
- Make your bed in the morning because it gets you into a routine. – *Skylar, sophomore, New York University*
- Find new ways to set goals in this new daily structure. I am going to try and teach myself the Ukulele and my ultimate goal is to be able to play the song Riptide by Vance Joy! – *Jen, senior, Bucknell University*

FIND WAYS TO RELAX

Take care of your
physical and mental
health!

- Listen to music and do yoga. – *Celine, freshman, Rice University*
- Watch your favorite YouTube videos to make you laugh. Try exercises inside to stay active. – *Melanie*
- Try new recipes and get creative in your kitchen; food is always good for the soul. – *Skylar*
- Limit exposure to constant COVID-19 news and limit the amount of time talking about the virus with friends and family, and instead talk about other things that are happening in your lives and in the world. – *Audrey*
- Limit mainstream media, engineered to get clicks and high viewership, stick to CDC and WHO. – *Brandon*

HELP OTHERS

- Create a fund with friends for those in need of financial support. – *Henry, senior, Harvard University*
- Be kind to others, especially those in the service industry. For example, when you get takeout food, ask restaurant employees how they are doing, how their business is doing, and take time to genuinely wish them a better day. Practicing kindness really helps you and others. – *Audrey*
- Write out and share gratitude lists or share a time that is full of meaning and happiness on Instagram, and encourage others to do the same. – *Audrey*
- Keep in touch with those you care about. I make it a priority to call my friends and relatives on a nightly basis. It doesn't even need to be about what's going on right now; just check in, ask them if they did anything new or if there's anything they want to share. Sometimes, my friends and I would end up just talking about random things, but the point is to check up, show up and be present. – *Skylar*

MORE RESOURCES

We are here for you,
TVCC ADMINISTRATION,
STAFF, AND FACULTY

- The [Love is Louder Action Center](#) provides resources and tips for taking care of physical and mental health, and supporting each other during this time of uncertainty.
- Check out the JED Foundations [page](#) on COVID-19 and managing mental health
- If you notice your friend feels distant or lonely, refer to the tips and resources on [Seize the Awkward](#).
- JED recently partnered with the Crisis Text Line to launch *Could be better, tbh*, where host, Stacy London, talks with guests about all things mental health. Find the podcast on [Apple Podcasts](#) and [Spotify](#) to subscribe today.
- Active Minds's [special online hub](#) for students to support their mental health during COVID-19.
- **People who already are managing existing mental health conditions should prioritize self-care during difficult times and should contact their clinicians if they have questions or concerns.**
- To reach the **National Suicide Prevention Lifeline**, call 1-800-273-TALK (8255). Text "START" to 741-741 to reach the **Crisis Text Line**.
- Please don't hesitate to reach out to a TVCC staff member at mlberry@tvcc.edu.

MENTAL HEALTH HELP IN YOUR AREA

<https://www.tvcc.edu/Cardinal-Success-Center/article.aspx?a=4503>